

WARMUP ASSIGNMENTS (LC=Long course comp pool, SP=South Indoor pool of upper sundeck, WP=Wellness pool upper deck outdoor pool)

Friday

session 1: 13 & over warmups (LC 1-8) IF EVERYONE ARRIVES FOR THE WARMUP THIS IS GOING TO BE CROWDED, THE SOUTH INDOOR POOL (6 LANES SCY) WILL OPEN FOR WARMUP/WARM DOWN AT 3:00 PM FOR ANYONE WHO ARRIVES LATER.

2:00-2:25 pm

RMSC Rockville Montgomery Swim Club - LC 1-8

2:25-2:50 pm

ASA All Star Aquatics - LC 1-3

AAC Arlington Aquatic Club - LC 8

YBCC Bethesda-Chevy Chase YMCA - LC 8

DCPR DC Wave Swim Team - LC 8

DRAG Dragon Swim Team - LC 3

HYAQ Hydra Aquatics - LC 8

TIBU Hydro-Sonic Tiburones - LC 8

MAKO Mako Swimming - LC 3

METR Metro Surge Aquatic Club - LC 8

NCAP Nation's Capital Swim Club - LC 5-7

PAC Patuxent Aquatics Club - LC 8

QOSA Quince Orchard Swim Academy - LC 8

TOLL Tollefson Swimming - LC 3-4

TUS Towson University Swimming - LC 7

session 2: 12 & Under warmups (LC 1-8, SP 1-6)

6:15-6:40 pm

ASTS Accokeek Stroke Technique Swim - LC 7, SP 5

ASA All Star Aquatics - LC 5, SP 3

DCPR DC Wave Swim Team - LC 8, SP 4

DRAG Dragon Swim Team - LC 7, SP 5

HYAQ Hydra Aquatics - LC 7, SP 5

TIBU Hydro-Sonic Tiburones - LC 8, SP 4

METR Metro Surge Aquatic Club - LC 7, SP 5

MAC Moons Aquatics Club - LC 8, SP 4

NCAP Nation's Capital Swim Club - LC 6, SP 6

QOSA Quince Orchard Swim Academy - LC 8, SP 4

RMSC Rockville Montgomery Swim Club - LC 1-4 SP 1-3

SA Suburban Aquatics - LC 8, SP 4

TOLL Tollefson Swimming - LC 8, SP 4

Saturday & Sunday

sessions 3 and session 6: 15 & overs warmups (LC 1-8, WP 1-6)

7:30-8:00 am

RMSC Rockville Montgomery Swim Club - LC 1-8

8:00-8:30 am

ASA All Star Aquatics - LC 1-2

AAC Arlington Aquatic Club - LC 3

YBCC Bethesda-Chevy Chase YMCA - LC 3

DCPR DC Wave Swim Team - LC 3

DRAG Dragon Swim Team - LC 3

HYAQ Hydra Aquatics - LC 8

TIBU Hydro-Sonic Tiburones - LC 7

MAKO Mako Swimming - LC 3

METR Metro Surge Aquatic Club - LC 7

NCAP Nation's Capital Swim Club - LC 4-6

TOLL Tollefson Swimming - LC 7

TUS Towson University Swimming - LC 8

WEA WeAquatics - LC 7

Session 4 and session 7: 13-14's warmups (LC 1-8)

12:00-12:30 pm

RMSC Rockville Montgomery Swim Club LC 1-8

12:30-1:00 pm

ASA All Star Aquatics - LC 1-2

YBCC Bethesda-Chevy Chase YMCA - LC 7

DCPR DC Wave Swim Team - LC 8

DRAG Dragon Swim Team - LC 8

HYAQ Hydra Aquatics - LC 8

TIBU Hydro-Sonic Tiburones - LC 8

MAKO Mako Swimming - LC 7

METR Metro Surge Aquatic Club - LC 7

MAC Moons Aquatics Club - LC 8

NCAP Nation's Capital Swim Club - LC 3-5

QOSA Quince Orchard Swim Academy - LC 8

TOLL Tollefson Swimming - LC 6

Session 5 and session 8: 12 & under warmups (LC 1-8, SP 1-4)

3:55-4:20 pm

RMSC Rockville Montgomery Swim Club LC 1-7, SP 1-4

DCPR DC Wave Swim Team - LC 8

DRAG Dragon Swim Team - LC 8

4:20-4:45

ASTS Accokeek Stroke Technique Swim - LC 7

ASA All Star Aquatics - LC 1-2, SP 1

YBCC Bethesda-Chevy Chase YMCA - LC 3

HYAQ Hydra Aquatics - LC 3

TIBU Hydro-Sonic Tiburones - LC 3

MAKO Mako Swimming 11 - LC 4

METR Metro Surge Aquatic Club - LC 4

MAC Moons Aquatics Club - LC 7

NCAP Nation's Capital Swim Club - LC 5-6, SP 2-3

PAC Patuxent Aquatics Club - LC 3

QOSA Quince Orchard Swim Academy - LC 7

SA Suburban Aquatics - LC 7

TOLL Tollefson Swimming - LC 8, SP 4

WARM DOWN AVAILABILITY (WHEN NOT ASSIGNED FOR WARMUPS)

| Date | Times | Location |
|--------------|----------------|--|
| Fri. 5/29/29 | 3:30pm-9:00pm | South Pool (6 lanes) |
| | | |
| Sat. 5/30/26 | 7:30am-9:00am | Wellness Pool (6 lanes) |
| Sat. 5/30/26 | 9:00am-11:45am | Wellness Pool (3 lanes closest to Activity Pool) |
| Sat. 5/30/26 | 12:00pm-6:00pm | South Pool (4 lanes closest to outdoor complex) |
| | | |
| Sun. 5/31/26 | 7:30am-9:00am | Wellness Pool (6 lanes) |
| Sun. 5/31/26 | 9:00am-11:45am | Wellness Pool (3 lanes closest to Activity Pool) |
| Sun. 5/31/26 | 1:00pm-7:00pm | South Pool (4 lanes closest to outdoor complex) |